

February 25, 2022



Southold Recreation News

Spring Programs

Register Now!



**Spring Season Programs are Starting March 14.
Register Now for all programs at [this link](#)**

Researching Your Family History



Researching Your Family History

With Edana Cichanowicz of the Suffolk County Historical Society

Tuesdays, March 22–April 12, 2:00 p.m.–4 :00 p.m.

Peconic Lane Community Center

Fee: \$10/person

Are you curious about your family's legacy and history? Researching and documenting who your ancestors are can lead to exciting discoveries. Perhaps you will find royal relatives, connect to the Mayflower, or learn that your next door neighbor is a distant cousin! This is an in-person program designed as an introduction for people who are interested in learning about their family history. Edana Cichanowicz of the Suffolk County Historical Society will teach you research skills and share insights about using the following resources:

- Introduction to the Suffolk County Historical Society
- The Family Interview
- Vital Records Searches
- US Census Schedules
- Will and Probate Records
- Land Records
- Immigration and Naturalization Records
- Military Records

[Register Here](#)

Boot Camp for Seniors



with Grace Rowan

Tuesdays, March 15–May 24, 9:45 a.m.–10:45 a.m.

No Class 4/5

Southold Town Recreation Center

Fee: \$50/residents, \$55 non-residents

Improve overall fitness- strength, endurance, mobility, flexibility and balance. Maintain independence and improve your physical and mental health. This course incorporates different types of activity – chair, standing, low intensity aerobics, weight training with weights and resistance bands, and balance exercises. Good for all fitness levels. Bring water and 1-3 lbs. weights.

[Register Here](#)

Tabata



with Grace Rowan

Mondays, March 14–May 23, 5:30 p.m. –6:30 p.m.

No Class 4/4

Southold Town Recreation Center

Fee: \$50/residents, \$55 non-residents

Shape up to a stronger, healthier, leaner body with TABATA! Tabata is 20 seconds of exercise followed by 10 seconds of rest repeated for 8 sets. Each Tabata set is just 4 minutes long, but with bursts of low intensity exercises. This workout program combines hand held weights, resistance bands and effective aerobic moves to tone and strengthen all muscle groups while increasing flexibility, coordination and strength. Tabata workouts are safe and effective. Please bring hand held weights(2-5lbs.), light-medium resistance band to class and water.

[Register Here](#)

Morning Stretch



with Grace Rowan

Tuesdays, March 15–May 24, 8:30 a.m. –9:30 a.m.

No Class 4/5

Southold Town Recreation Center

Fee: \$50/residents, \$55 non-residents

Improve your body awareness and reinforce healthy movement patterns. This mixture of exercise consists of low impact flexibility, muscular strength and endurance movements. Emphasis placed on proper alignment, core strength and muscle balance. A typical stretch includes a number of exercises and stretches with attention to proper breathing techniques and abdominal muscle control. Participants are asked to bring an exercise mat to class and a small towel and water. All exercise levels are welcome to join.

[Register Here](#)

Iyengar Yoga



with Christina Sun

Mondays, April 18–May 23, 8:30 a.m.–9:30 a.m.

Peconic Lane Community Center

Fee: \$45/residents, \$50/non-residents

Breathe, stretch, align, flow...this Iyengar yoga class gently tones and strengthens the body and brings the mind to a still place of awareness to heal and connect.

[Register Here](#)

Defensive Driving 2 Day Session



Motor Vehicle Insurance & Point Reduction Course

With Chris Manfredi

Tuesday, April 12 & Wednesday, April 13, 1 p.m.– 4 p.m.

Fee: \$35/residents, \$45/non-residents

Southold Recreation Center

ALL NEW 2-DAY COURSE!

Save money on your auto insurance premium and reduce points on your license with this 6-hour driver's safety course. If you are a New York State Licensed principal operator, you are eligible for a saving of 10% of the liability, basic PIP, and collision premium for 3 years, and if needed, a reduction of up to 4 violation points on your DMV driving record. The New York Safety Program 6 Hour Point and Insurance Reduction Course will show you how to improve your driving by learning how to make rational, low risk decisions under stressful driving conditions. There is no test. Please bring a copy of your license to class. We are offering this course in 2 days, with 3 hour sessions each day.

[Register Here](#)

Crochet for Beginners



with Alice Jones (The Bag Lady)

Wednesdays, April 20–May 25, 4 p.m.–6 p.m.

Peconic Lane Community Center

Fee: \$60/residents, \$60/non-residents

Learn the basics of crochet, and finish with a hat and scarf set, handmade by YOU! Our instructor Alice is known for her handmade crocheted handbags, so she can show you all the basics to create a lovely, and beautiful finished piece. Learn the chain stitch, single crochet, double crochet, and how to blend color blocks.

Students are expected to supply their own yarn and crochet hooks, but the instructor will provide guidance on that too.

[Register Here](#)

Crochet for Intermediates



with Alice Jones (The Bag Lady)

Mondays, April 25–June 6, 4 p.m.–6 p.m.

No Class 5/30

Peconic Lane Community Center

Fee: \$60/residents, \$60/non-residents

Take your basic crochet skills to the next level with more advanced stitches, crochet hooks and tools, as well yarns. This class will cover bobbles, moss, herringbone half, and more that you can use to enhance projects for the home, accessories and garments.

[Register Here](#)

American Heart Association Basic Life Support for the Health Care Provider



*With Chris Manfredi of Southold Fire Department
Saturday, May 14, 2022 , 8 a.m. – 12 Noon
Southold Recreation Center
Fee: \$60/residents \$70/non-residents*

American Heart Association Adult/Infant and Child CPR, foreign body airway obstruction in conscious and unconscious patients, use of barrier protection (pocket masks), bag valve mask ventilation (BVM's) and the use of the Automated External Defibrillator are covered in this course. There is a written and skills evaluation for this program. Students will receive the BLS for Health Care Provider Course Certification along with a study guide. This course will satisfy the requirements of Certification for many First Responders, EMS, Fire, EMT, Paramedic, Nurse, Doctor or Lifeguard. Please be advised that a lot of time is spent on the ground kneeling while practicing CPR, so participants should consider wearing comfortable clothing and bringing padding to kneel on.

[Register Here](#)

Register Here

Southold Town Recreation Department

Janet Douglass, Recreation Supervisor
970 Peconic Lane, Peconic, NY 11958
(631) 765-5182
southoldrecreation@southoldtownny.gov